

## Better Health Begins With You!

یا مهترین عنارن توو ده مت مین مکن

- 1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

  ا مع مع رَوْرَى ٦ هما الله يع الله يع الله يع الله الله على الله
- 2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

>- ٥ يه هرا ثر فيفك و كه سكامَى بِمُو هه مِن رَوْرُنْ. وه كان شه ربه قارد و مُكان سه حاربا و رُلاَيه بعد فوافين و به قالن كه سك و بعامًا و ترى يور رثيفن .

- 3. Drink at least 8 glasses of pure, fresh water every day. المُدِينِينَ لَهُ فَيْ بِاقْشِ هُمْ مَوْرٍ هُمْ مِي رِفِرْيْ.
- 4. Eat lean, low-fat meats, such as chicken or fish. عيم عدرى بنو وه كان عربيك يان عامي،
- 5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt. ه- الريّنيّرة حدرين منيري كيم حدوري وه كاي منيري ين دوهن وما بهي عدرين منيري كيم حدوري وه كاي منيري ين دوهن وما بهي عدرين منيري كايم
- 6. Limit your intake of sweets and alcoholic beverages. الم يعنى مر الماريين المرين بينو و يخم الر الله خاريين الحكاف
- 8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

۸ ــ زه یَن که سکاتیا بکار بهنید تر بایتی چه وری به ازی یا به وری میوانین دی ، زین که مکاسی با بریزه در بور که ندر در بیش که مکاسی با بریزه در بور که ندر در بیش چونکه کوکسترولی تیدا به ،

Kurdish Language: Bahdiny, or Bahdinani, Dialect
These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia Funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. For more information call (404) 651-2542

